

NEWS

From the County of San Bernardino **Josie Gonzales Fifth District**

<http://www.sbcounty.gov/gonzales>

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**JGFDS-PR-171 SUPERVISOR CHALLENGES 5TH DISTRICT SCHOOLS
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FOR IMMEDIATE RELEASE

SUPERVISOR TO AWARD FUNDS TO LOCAL SCHOOLS FOCUSED ON FITNESS

SAN BERNARDINO – Students in San Bernardino County's 5th District, who take on the Governor's fitness challenge, can help their schools receive thousands of dollars for physical activity equipment.

Governor Arnold Schwarzenegger recently announced the Governor's Challenge Competition, which encourages students to exercise 30 to 60 minutes a day, at least three days a week for four weeks. The contest runs through May 31, 2007.

After learning of the competition, Supervisor Josie Gonzales created an added incentive to encourage the students within her district to get active and stay fit. To complement the Governor's Challenge she will earmark \$12,000 that will be awarded to the top five 5th District schools that participate in the statewide fitness contest. The item goes before the Board of Supervisors on February 6.

"I want our schools to accept the Governor's challenge with enthusiasm and our students to participate in record numbers," Supervisor Gonzales said.

"Exercising daily and promoting healthy eating habits help our youth to be more alert in class and bolsters their self-esteem," she said. "Showing our children how to make healthy choices leads to long term reduced medical costs."

Supervisor Gonzales will present monetary awards to the top five schools according to their ranking in the Governor's challenge.

The school with the highest percentage of participation will receive \$5,000 for physical activity equipment. The second place school will be awarded \$3,000. The third ranked school will receive \$2,000 and the fourth and fifth rank schools will receive \$1,000 each. Supervisor Gonzales will announce the top five schools in early June.

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“I want to thank Supervisor Gonzales for her leadership in motivating and inspiring kids in San Bernardino County to take the Governor's Challenge and take charge of their health and fitness. I hope the Supervisor's actions will encourage other leaders across the state to step-up for their children's health and fitness in big ways too - California is a great state, and with the help of people like Supervisor Gonzales we will be known not only as the Golden State, but as the nation's fittest state too!" said Jake Steinfeld, Chairman of the Governor's Council on Physical Fitness and Sports.

For more information on the Governor's Challenge Competition and student sign-ups visit www.CalGovCouncil.org. Throughout the competition schools can highlight the Desert Sierra Region and monitor their ranking on the website.

Teachers and administrators can call Supervisor Gonzales' office at (909) 387-4565 for posters and brochures to promote the Governor's Challenge Competition in their schools.

The Fifth District includes the unincorporated areas of Bloomington, Muscoy and Arrowhead Farms, the city of Rialto, major portions of the cities of Colton and San Bernardino, and a segment of the city of Fontana.

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